

The Mag

February 2024

The monthly magazine from Adeyfield Free Church



Recipes



From the Editor.....

The other evening, I had had a fairly busy day having had to go out a couple of times to meetings and working at home. As I battled up the hill in the dark from the garage through torrential rain and wind, I began to encourage myself to keep going towards the warmth and dryness of home. I decided, as I waded through a puddle, that I would change into



my jim-jams and make myself a hot drink, flop into my favourite armchair, click on the telly and enjoy the last of the Christmas tree lights as I watched 'Digging For Britain'. What a recipe for snugness and comfort. I reached my door, cold and bedraggled but full of thankfulness that I had a door and a home behind it and it wasn't long before the recipe became a reality.

Recipe for developing determination

It occurred to me that we can have recipes for all sorts of things, not just food and drinks and I thought it would be fun to try to put a variety of recipes together and share them with you in this February edition. Belonging to such a group of people as a church congregation is such a benefit because we can encourage and share all sorts of experiences, thoughts, wisdom and fun that will make our lives richer and more enjoyable.

Recipe for successful gardening.

I sent out requests to the congregation to send in recipes. The Mag is not worth anything if we don't own it ourselves, otherwise it is just a collection of writings. But when we all contribute, we own it and



it becomes a useful tool to entertain, inform and bind us closer together. So, I live in hope that the writing will come in every month and this month....

Recipes... for food drinks, experiences, successes and victories that we can all have a go at.



Recipe for a peaceful afternoon

French Crab

*This is something my Dad would make and passed the love of it on to me,
It's a terrific sandwich filler or can be used like a rarebit on toast. It's
got a bit of a kick.*



Cheddar cheese, grated

Malt vinegar [*a very little glug for each 4oz of cheese*]

English mustard [*a teaspoonful for 4 oz cheese*]

Horseradish cream [*optional but amazing, be careful this clears the
sinuses*]

To the grated cheese add the other ingredients altogether and cream together until you have a stiff paste. There should be no liquid visible in the bowl

Use in a sandwich or on crackers. It goes well with cucumber or tomato or just by itself. You may want to start with little sandwiches and work up!! Sit down for a few minutes after eating



Or as a rarebit. Toast one side of the bread, turn over [the bread that is] and cover the bread with a generous helping of the paste, put back under the grill and toast until brown and bubbling. Serve on its own or with salad garnish.



It makes my eyeballs sweat!!
Yum.

Hazel Newton

Dear Hazel Newton passed away on 11th December. She had experienced a series of health problems for a few months and it was discovered that she also had cancer. Hazel's husband, Derek was our Minister in the late 70's and early 80's and, together they lead, pastored and loved the congregation so beautifully as they followed the Holy Spirit in every aspect of their lives. Hazel was very skilled in various areas of church life and her pastor heart was evident whenever she was with you. Both Hazel and Derek released so many giftings in the congregation while they were in Hemel. They have two children who are married, five grandchildren and several great grandchildren. Hazels' memorial service was held in St Ives, Cambs. on 9th January. The church was packed with friends and family. Derek expressed his thanks for all the kindness and loving messages he has received.

Brunchable

I started making this as a quick breakfast or lunch filler-up. I first did it when I was on Slimming World in preparation for my knee replacement. To my astonishment it fitted in with the OK stuff to eat on a Slimming World diet. And the diet worked!! This is the basic mix and you can add what you like to it but if you do it may not stay in the parameter of being able to help you lose weight.

Bacon, fat removed. Cut into little strips.
Onion, finely chopped
Baked beans

Into a non-stick pan fry the bacon until the strips are sizzling and beginning to get crunchy.

Remove and cook the onion until it is soft.

Put the bacon back in the pan and mix over heat.

Add the baked beans and heat together stirring so that everything is mixed.

You can zhuzh it up with Worcester sauce, brown or tomato sauce, herbs or spices.

Serve on toast, with pasta, cuscus or noodles or just by itself.

mmmmmMMMmmmmm

Recipe for Preserving Children

From Penny

1 large grassy field

6 children

3 small dogs

Flowers

1 strip of brook

Pebbles

Warm sun

Deep blue sky

Sun cream

Bubbles

Mix the children with the dogs and empty into the field

Mix continuously

Sprinkle the field with flowers

Pour the brook over the pebbles

Cover with deep blue sky

Bake in the sun

Baste children frequently with sun cream

When the children are nicely browned, remove and place in a cool bath with bubbles.

Give the dogs a long drink



When you pray

A prayer for the nation

God and Father of our nation
Today we come before your throne and bow with humble
adoration,
Salvation belongs to you alone.
You have been our nation's refuge, you have been our nation's
shield
For centuries you loved us.
We call to you.
To you alone we yield.
Let repentance flow from our people,
We arise in the light of your power
We cry out for the restoration of your gospel truth in our nation
May your kingdom come,
May your will be done here on earth as it is in heaven



Your help is needed.

For several years a very small team [keyboard player, leader/singer, 2 encouragers] has been visiting St Paul's Care Home once a month with prayer and praise. There is always a lot of singing hymns and choruses which the residents really appreciate. Many of them cannot sing any more and those who can, sing falteringly and need singers to help them. After the covid lockdowns the home asked us to start going in again and we have been in now for just over a year. Recently the singer was taken ill just before going to the home. If we had had a bigger team of confident singers the meeting would not have had to be cancelled. We need you..... you confident singers who we know are out there..... to join the team so that this doesn't happen again. It's only from 11-11.30 once each month and it makes such a difference to the residents and staff. Please contact us at pamramannison@gmail.com and join the team.

How Creative Are You?

The Bible tells us that we are created in the image of God. God is very creative so that means that we must all have some kind of creative trait in our make-up.

If you read or heard the latest financial reports for the church life and mission you will see that fundraising is something that we constantly need and we mustn't let the rate of fundraising fall if we are to be as effective as we should in and around the community.

On top of all this we know that fundraising activities can be fun and getting together to do something creative and positive is really good for us.

We need regular fundraising to take place throughout the year. Some aimed at in-house and some that will draw in people from outside. One a month would be ideal but six or even four times a year would be good. Do you have a fundraising idea that we could get involved in? Perhaps you and a few friends or your small group could put a fund-raising event together. Even small things that would appear on a Sunday during coffee time after the service would be helpful. It would ensure that people are present.

Please put your heads together and let one of the elders know of your plan. You will need to choose a date and time that will not clash with anything else and you can check that by asking Admin. Once the plans are up and running put the advert into the Newsletter by sending the information to Admin. If you want to make your own posters or flyers that would be great too.

Fundraising for a particular event or object always works well such as a piece of furniture we need, the outfitting of the Meet and Eat space, children's work etc. You will need to tell Shirley what the money is for and she will make sure it doesn't go into the general fund.

Let's see if we can increase our fundraising so that all the things that we can do to show the love of Jesus and the fellowship of God's Holy Spirit to everyone who lives around us and further into the town will be generous and a blessing.

Thanks for your efforts in the past. Here's to the future.

The Bread and the Wine

Did you know that the bread that we use in our communion services is gluten free so that everyone can join in without being singled out as needing 'special' bread.

The wine we use is non alcoholic so there will be not problem for anyone who cannot drink anything which contains alcohol.

We want everyone who wants to be involved in celebrating communion to do so without any stigma or feeling of being different.

We thank Sheree and John Blastock for sourcing the bread and wine each month, for dressing the table ready for communion and for clearing afterwards.

There will be times when Communion will occur very near to the start of the service so that our children and youth can be involved before they go to their groups.

It is so important that no-one should be excluded. Jesus is for everyone and we are a family.

Families who eat together and pray together stay together.

Recipe for a Child's Bedtime

Warm bath with toys and/or bubbles

Milk and biscuits

Bed

Book

Adult

This recipe has been tested by me for many years and is now being repeated with the next generation.

Sit the child in the bath [Adult sits on the floor by the bath] you will notice activity begins almost instantaneously.

After a while dry the child and place into pyjamas, add a dressing gown if needed.

Give the child a small glass of milk and a biscuit

Give at least three warnings 2 minutes apart that bedtime is approaching

Stand with child while they clean their teeth

Put the child into bed

Say prayers

Read the book aloud with voices and expression for at least 20 minutes then until you are bored.

Goodnight kiss and tiptoe out

Repeat every night until they tell you they are too old. [often around 8ys]

Recipe for a Healthy Breakfast

My Mum always insisted I had breakfast even when I didn't want it. Her mantra was

'Start the day right and you won't go hungry 'til bedtime'

Really good advice in more ways than one. Of course, if we are going to do that, we need to get up in time to have breakfast and not tip out from under the covers 10 minutes before we need to go out of the door. A well-balanced breakfast really is a good way to make sure we have a good foundation on which to build the rest of the day without the risk of flagging or flopping out. So here is a recipe for a good breakfast that will keep us going through whatever the day sends.

Create the habit of getting up in time for breakfast

Keep your pyjamas and dressing gown on [if used.] Comfort is king.

Cup of tea or coffee

Quiet corner of the home

Comfy chair

Notebook

Pen or pencil

Bible

Daily Bible notes [if required]

1 Close your eyes and imagine Jesus sitting with you with a cup of tea or coffee in His hand. He's smiling and pleased you are up.

2 Read your daily reading

3 Write down any thoughts that come into your head relating to the reading

4 Listen to see if Jesus wants to tell you anything about it. If He does, write it down

5 Read the passage in the Bible again

6 Tell Jesus what you think about Him

7 Close your eyes and rest for 5 minutes.

8 Have a great day.

Gluten Free Lemon Drizzle Cake.

Sent in by Sue G.

Makes two small 1lb loaf tins and 3 ramekin mini cakes.

Ingredients:

225g butter or margarine. I use half and half.

225g caster sugar.

2 level teaspoons baking powder.

283 g.f.self raising flour.

4 good sized eggs. *Free range eggs give good colour.*

4 tablespoons milk.

Zest of 2 lemons.

Method:

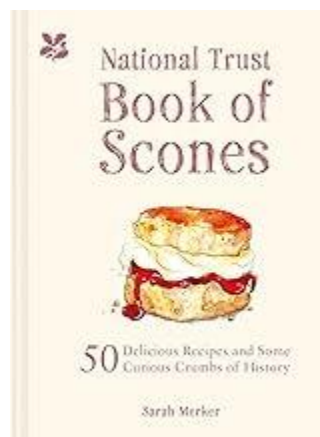
- Beat fat and sugar together.
- Add eggs and milk.
- Add flour and baking powder. Beat until smooth.
- Mix in lemon zest.
- Bake in oven about 200 C for approx. 25 mins until golden and firm.
- Test with skewer to check centre is cooked.
- Remove from oven and cool a little.
- Melt 2 tablespoons of granulated sugar in boiling water and finally add juice of half a lemon.
- Skewer cakes in a few places and drizzle liquid over cakes while still warm.



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Mag Wordsearch

ADD-BAKE-BOIL-BLEND-BLITZ-CHILL-COOK-COVER-
 CRUMBLE-DRIBBLE-DRY-ENJOY-FOLD-FREEZE-FRY-
 HEAT-INGREDIENTS-KNEAD-LEAVE-MIX-POUR-
 RECIPE-ROLL OUT-SIMMER-SQUEEZE-STIR-TEST-
 WARM-WHIP-WRAP



THE NO FAITH IN FOSSIL FUELS VIGIL



The No Faith in Fossil Fuels Lent Vigil is a ten day event set to take place in Westminster, the home of UK Parliament. Christians from across the UK will gather together from Ash Wednesday, holding vigil across ten days, day and night.

When? Starts Feb 14th 2024. Runs for 10 days, ending on the 24th Feb.

Where? Westminster, London. Locating our vigil outside Westminster, the home of UK Parliament, we will bear witness to the impacts of the climate crisis and pray for the UK Government to take bold climate action.

Why? Around the world creation is crying out. Heatwaves, fires, droughts and floods are becoming more frequent, wrecking lives, land, and livelihoods. Meanwhile, the biggest polluters who have caused this crisis make vast profits from fossil fuels. As creation groans, the poorest, who have done the least to cause the problem, are paying the price.

For more details see: [Join our No Faith in Fossil Fuels Lent Vigil – Green Christian](#)

Recipe for a healthy relationship:

From Sue G.....

Be equals, you have your own strengths and weaknesses and skill sets that make you unique.

Respect each other.

Be aware of your partner's love language:



Pick your battles

My favourite line is **'I'm too angry to argue!'**



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LENT begins on 14th February.
Keep your eyes open for our Lent course for individuals
and groups.

